



≡ FREE ≡

CO-OP NEWS

A Publication of the North Coast Co-op • Jan. 2017

We ♥ Our Members Monthly Giveaway



Win
all this! p. 1

PRESORTED STANDARD
U.S. POSTAGE PAID
EUREKA, CA 95501
PERMIT NO 327

CO-OP NEWS
NORTH COAST CO-OP
811 I STREET
ARCATA, CA 95521

EDITOR

Cassie Blom
 Marketing & Membership Director
 (707) 822-5947 ext. 231
cassieblom@northcoast.coop

GRAPHICS & COORDINATION

Zev Smith-Danford
 Graphic Design Coordinator
 (707) 822-5947 ext. 232
zevsmithdanford@northcoast.coop

Caitlin Fowler

Graphics & Marketing Assistant
 (707) 822-5947 ext. 233
caitlinfowler@northcoast.coop

Lilach Assayag

Marketing Communications Specialist
 (707) 822-5947 ext. 235
lilachassayag@northcoast.coop

ARCATA LOCATION

811 I St., Arcata • (707) 822-5947
 Open daily: 6am to 9pm
Vincent Graves-Blandford,
 Store Manager
vincentgravesblandford@northcoast.coop

EUREKA LOCATION

25 4th St., Eureka • (707) 443-6027
 Open Daily: 6am to 9pm
Alanna Cooke, Store Manager
alannacooke@northcoast.coop

COOPERATIVE OFFICES

811 I St., Arcata

GENERAL MANAGER

Melanie Bettenhausen
 (707) 822-5947 ext. 220
melanieb@northcoast.coop

MEMBERSHIP COORDINATOR

Nicole Chase
 (707) 822-5947 ext. 234
nicolechase@northcoast.coop

BOARD OF DIRECTORS

*Mary Ella Anderson, Robert Donovan,
 Dave Feral, Colin Fiske, Ed Smith,
 Leah Stamper, Cheri Strong*
board@northcoast.coop

THE COOPERATIVE PRINCIPLES:

Voluntary & Open Membership
 Democratic Member Control
 Member Economic Participation
 Autonomy & Independence
 Education, Training & Information
 Cooperation Among Cooperatives
 Concern for Community

The Co-op does not officially endorse the services or products of any paid advertiser. All articles, columns and letters are the expressed opinion of the author and not the Co-op News.

LETTERS TO THE EDITOR

Letters must include your name, address, member #, and telephone #. Letters should be kept to a maximum of 250 words and may be edited. We regret that we may not be able to publish all letters due to limited space. Email your letters to co-opnews@northcoast.coop or send them to: Co-op News, 811 I Street, Arcata, CA 95521. Deadline for letters is the 10th of each month.

We ♥ Our Members Giveaway

Happy New Year from the Co-op! January is commonly a month of new beginnings and healthy choices. To highlight this, we've put together a mix of products from our Wellness, Grocery and Produce Departments! Fresh fruits and vegetables, healthy snacks and beverages, immune boosting and vitamin rich supplements, and relaxing body care products to help you feel even happier and healthier in 2017! One lucky member will win these items, plus two Co-op tote bags to reuse on all your shopping adventures! Head to Customer Service at either of our locations to enter!

Enter to win at either Co-op location at Customer Service.

**Deadline to enter:
 January 31, 2017**



Inside

- 2 December Board Meeting Recap
- 2 Meet Your Board
- 2 Board Seat Available
- 3 Zero Waste Business Council
- 3 Member Survey
- 3 Patronage Refunds
- 4 Let's Get Active
- 4 Cook & Save Recipe
- 5 Wellness Picks
- 6 Submit a Letter to the Editor
- 6 Qtr 2, FY17 Financial Statements
- 7 Reference Guide
- 7 Coats for the Cold

Organic Produce
 New Specials Every Tuesday

We have the largest and best selection of produce on the North Coast!
 Visit www.northcoast.coop

December Board Meeting Recap



Cheri Strong

Board of Directors Vice President

The board will issue a patronage refund of \$337,465 for Fiscal Year 2016. Fair Share members will receive their refund in 100% cash. All others will receive 50% cash and 50% in B Shares, except where

the cash contribution is less than \$2. Any cash distribution less than \$2 will be issued in B Shares.

It was announced that former Board President Dave Feral will be unable to finish out his term. The board plans to make an appointment to fill the vacated seat at the February board meeting. If you are interested in serving on the North Coast Co-op Board of Directors, please submit a letter of interest to Membership Coordinator Nicole Chase or leave it at either of the Customer Service counters. At the February board meeting we will have a brief candidates' forum and will appoint the new board member to begin in March. We invite all interested in this process to attend the February board meeting on February 2, 2017, at 6:00pm at the Ten Pin

Building in Arcata.

It was voted that the two percent dividend on C shares will continue for the next quarter. The first ever co-op member-only coupon was placed in the December *Senior News*; it was a coupon for 10% off on a shopping trip.

The board accepted the audit report. All General Manager expenses and disbursements will be approved by either the Treasurer or the Board President prior to Finance Committee meetings each quarter.

Staff was directed to develop an index of indicators to measure ecological impact of the proposed Eureka deli remodel. In preparation for the Eureka deli expansion and reset, three non-bargaining unit positions have been created.

January Meetings

Board of Directors Meetings

Jan 5 • 6-8pm Ten Pin Building, 793 K Street, Arcata

Member Action Committee Meeting

Jan 11 • 6-7pm Ten Pin Building, 793 K Street, Arcata

Policy and Procedures Committee Meeting

Jan 18 • 4pm Ten Pin Building, 793 K Street, Arcata

Earth Action Committee Meeting

Jan 26 • 5:30pm Ten Pin Building, 793 K Street, Arcata

Meet Your Board

Nicole Chase

Membership Coordinator

The November board meeting was the first Co-op board meeting for some of our newly elected board members of their new terms: Robert Donovan, Mary Ella Anderson, and Ed Smith. Mary Ella and Ed were appointed to the board within the past year to fill vacancies left by two board members who resigned from their positions. Both have agreed to serve the membership for the next three years.

At the meeting, the board elected their leadership. Leah Stamper will preside as our Board President. Cheri Strong, an employee director who is finishing her third term on this board, will continue her position as Vice President. Mary Ella was elected Treasurer and Colin Fiske will take the position of Secretary. Ed Smith was chosen to be the chair of the Nominating Committee.

1. Ed Smith - Employee Director Term: 11/01/2016 - 10/31/2019

I grew up in Humboldt County and have shopped at the North Coast Co-op my entire life. My past includes auto repair, custom circuit board design, and freelance writing. As part of the board I look forward to helping guide the Co-op into the future. I hope to improve communication throughout the organization and to members, to update and improve our aging infrastructure, and to work towards reducing our grid electricity consumption.

2. Cheri Strong - Vice President & Employee Director Term: 11/01/2014 - 10/31/2017

I'm a long term Co-op employee. This year I'd like to get a more global perspective on how to slow environmental degradation and the ebbing fortunes of the working and underclasses. In the coming year I'm looking forward to helping grow a more inclusive community and seeing the Co-op become more of a participatory democracy. I'd also like to get to where we focus less on products from big food producers and shift towards giving local businesses more support.

3. Robert Donovan - Board Member Term: 11/01/2016 - 10/31/2019

I am honored to serve the Co-op membership and inspired by their ballots cast. I'm confident the members of the board are determined to serve our diverse community. Our Co-op board is cohesive and capable, and I thank you for the trust placed in me.

4. Colin Fiske - Secretary Term: 11/01/2015 - 10/31/2018

I lived in Chicago, Philadelphia, Southern California, Florida and Washington, DC, before my wife and I found our home here in Humboldt County four years ago. I divide my time between working on various local causes and campaigns and husbanding my land, resources and wife. I am excited to work closely with fellow Co-op members and employees to increase member participation and address other important topics.

5. Leah Stamper - Board President Term: 11/01/2015 - 10/31/2018

I was born and raised in Humboldt County. I work as a nurse and spend much of my free time diving in the waters off the North Coast. I also enjoy trying to keep my bees happy and my ducks out of trouble. In the coming year, I am looking forward to connecting with Co-op members and employees, as well as fostering a community of cooperation and participation.

6. Mary Ella Anderson - Board Treasurer Term: 11/01/2016 - 10/31/2019

I've lived in Humboldt County since 1970 and moved to Arcata in 2012. I believe in simple living and modest consumption. I hope to help reduce waste-making at the Co-op, increase racial, social and economic diversity and continue the Co-op's vital role in our local food network.

Board members' bios listed above from left to right



Board Seat Available

Are you a Co-op member? Join the Co-op board and help shape the Co-op's future successes

Please submit a letter of interest stating the reasons you would like to be on the board, what skills you would contribute, and any involvement or participation you have had with the Co-op over the past few years. Submit the letter to: board@northcoast.coop, or bring your letter of interest to Customer Service at either store **by Monday, January 23, 2017, by 9:00pm.**

Direct questions to Nicole Chase at 707-822-5947 ext. 234 or nicolechase@northcoast.coop.

Zero Waste Business Council

Derik Powell

Maintenance Department Head

We at North Coast Co-op take our environmental responsibility very seriously, and we know our members do, too. Though we felt we were doing a lot to reduce our environmental impact, we decided to send members of our maintenance team to a Zero Waste Business Council (ZWBC)

score card training seminar to better evaluate our efforts. Our maintenance team learned what guidelines the ZWBC uses to determine what businesses can be certified as a zero waste business. The ZWBC aspires for 100% diversion from landfills and burning, but also certifies businesses that can achieve a 90% diversion rate at their lowest certification level.

Our team determined that we are already doing approximately 87% waste stream reduction through various partnerships and in-house programs. We divert all of our produce waste and spoilage either through donation to Food for People, or to local farmers for animal feed. We divert all of our compostable material to The Local Worm Guy. We have an in-house single stream recycling program staffed by our maintenance team, and

“Our team has learned of opportunities to turn our waste into local dollars that would come into our community from various localities that have the infrastructure to make “waste” a commodity.”

we reuse all of our pallets through various vendor partnerships. Many of our local vendors deliver to us in reusable containers which we then return to them upon their next delivery, further reducing our local waste stream.

We are currently looking at the pros and cons to getting certified as a zero waste business. The certification costs vary depending on the size of the business and could cost us a few thousand dollars per year as you have to get recertified each year. If we do move forward with certification, we will get some minimal national advertisement from doing so. We would also be supporting the Zero Waste Movement, and help it gain momentum. We would appreciate any members’ input; please feel free to put your opinion in our comment

boxes at either of our locations, or answer the survey question below! Either way, we endeavor to achieve 100% waste diversion and need your help to achieve it.

Our team has come up with new inventive ways to further reduce our waste stream since attending the training. They are also looking to create new local partnerships to help reduce our local waste stream. Our team has learned of opportunities to turn our waste into local dollars that would come into our community from various localities that have the infrastructure to make “waste” a commodity. As we move forward into the future, we move with purpose. As the Zero Waste Business Council says, “If you aren’t for zero waste how much waste are you for?”



Don Dell (left), Maintenance Senior Clerk, and Derik Powell (right), Maintenance Department Head, hold a Sustainability Star Award from the National Co+op Grocer's, awarded to North Coast Co-op in April 2016.

Win a \$25 gift card!

Member Survey

Q: After reading the article above, do you think it would be a good idea for the North Coast Co-op to get a 3rd party certification from the Zero Waste Business Council?



Member Name: _____

Member #: _____

Phone #: _____

Detach this entry form and return it to the Member Survey box located near Customer Service at either store location. Be sure to include your name, contact information, and member number so that we can contact you if your entry is drawn. You can also send your ideas to co-opnews@northcoast.coop with “Member Survey” in the subject line. Must be a member to enter. Co-op employees and their families are not eligible to win. **DEADLINE TO ENTER: JANUARY 31**

Patronage refunds, coming to a mailbox near you!

Fiscal Year 2016 (FY16) was profitable for the Co-op, which means it was profitable for all our member-owners!

The total amount eligible for patronage refunds: \$337,465
Total amount distributed: \$337,465.

That’s right, the board of directors voted to distribute 100%. Thanks to all of our members for a prosperous year.

If you were a member during FY16, you should have received a patronage refund letter already. Find details about the distribution in the letter, or email Nicole Chase, Membership Coordinator, at nicolechase@northcoast.coop with any questions.

Cheers to another healthy, happy, prosperous year at the Co-op!

Let's Get Active!



Nicole Chase

Membership Coordinator

The new year is often a time when people set their intentions for what they hope to manifest in the coming months. For many, it is a time when they set a goal to lose weight or cut out something specific from their diet. Some set out to give up smoking or start exercising regularly. Some people have given up on the whole idea of 'resolutions' because, let's face it, many of us don't make it to February 1!

But when the world is uncertain and feels crazy, one of the most important things we can do is get more active on a local level; there are many ways to 'get active' besides just exercising more. We can get more active in our children's schools, in our communities and yes, in our co-op! Did you

know that North Coast Co-op hosted more than 4,000 children from around Humboldt County in October for our annual Co-op Pumpkin Patch event? Did you know that the Cooperative Community Fund granted over \$18,000 last year to fund a variety of projects including school gardens, nutrition programs for seniors, foster children and homeless families, and many other projects benefitting youth and others in our community?

We are working on some exciting upcoming projects that include the pilot year of our new Co-op Access Program (CAP), which will enable more low-income community members to become members of the Co-op. We are also working on new ideas to increase member engagement and participation, including offering member-only discounts. And in order to be the best co-op we can be, we need member input!

We want to hear ideas from our members for getting more active in the Co-op and in your community at large. Please feel free to reach out to me directly with any comments or ideas. On a monthly basis, we have several opportunities for members to be involved. One of the best ways for members to get active in the co-op is to attend the Member Action Committee (MAC). The MAC is an advisory committee to the

board and gives members an opportunity to come together to communicate ideas and concerns for their co-op. All members are welcome and encouraged to attend!

Members are invited to attend the monthly board of directors meeting and all committee meetings. All board and committee meetings are held at the Ten Pin Building in Arcata. See meeting times for our most popular meetings in the box to the right.

I am looking forward to tabling in both the Arcata & Eureka stores once a week in order to be available to members to answer questions, as well as listen to your ideas and concerns. I plan to be in the stores on Tuesdays and Fridays from 11am-2pm. I will also be able to answer any questions for customers who are not yet members and would like more information about the benefits of membership. As Membership Coordinator, I hope to see you get more active in your co-op, and we are always here to listen to your ideas and concerns by email or phone. We truly have an amazing community, and it is only through participation and engagement that we can come together to make a difference in our co-op and in our community. We hope to see you in our stores and at committee meetings soon. Happy New Year—in good health!

Nicole Chase is the North Coast Co-op Membership Coordinator, and can be reached at nicolechase@northcoast.coop or 822-5947 ext. 234.

GET ACTIVE AT THE CO-OP!

Attend a meeting... or three!

MEMBER ACTION COMMITTEE

2nd Wednesday of the month

6PM at the Ten Pin Building
793 K St., Arcata

EARTH ACTION COMMITTEE

4th Thursday of the month

6PM at the Ten Pin Building
793 K St., Arcata

BOARD OF DIRECTORS MEETING

1st Thursday of the month

6PM at the Ten Pin Building
793 K St., Arcata



Steamed Winter Leeks

By Ellie Christensen, Outreach Assistant
& Jolie Harvey, Outreach Coordinator

Leeks are relatives of the garlic, onion, shallots and scallions family, Allium vegetables. Packed with generous amounts of Vitamin A and Vitamin K, they have a more delicate and sweeter flavor than onions and make a great addition to vegetable-based dishes. When purchasing leeks, they should be firm and straight with dark green leaves and white necks. Look for leeks throughout the year, although they are in greater supply from the fall through the early part of spring.

Rinsing is very important for leeks, as soil is often trapped between the many layers of leaves. Start by trimming off the base and cutting away the uppermost part of the leaves. To keep the leek whole, use a knife to make a slit from the top to the point where the green meets the white, cutting through the center. Rinse well under running water, pulling back the layers so that any dirt at the base is removed.



COOK & SAVE

Ingredients:

- 2 medium leeks
- 1 Tablespoon olive oil
- ½ Tablespoon stone ground mustard
- 1 teaspoon Dijon mustard
- 1 teaspoon white wine vinegar
- Salt and pepper to taste

Directions:

1. Trim dark green leaves from leeks (toss them in the freezer for stock making) and halve leeks lengthwise.
2. Simmer a large saucepan of water to steaming and cover with steamer basket.
3. Prepare ice water.
4. Add cleaned leeks to steamer basket, cut side down and steam



5. until very tender, about 10 minutes.
5. Prepare dressing, whisk mustards, vinegar and oil and season with salt and pepper to taste.
6. Transfer done leeks to ice water and cool 1-3 minutes then drain.
7. Pat dry with a clean kitchen towel.
8. Spoon dressing over leeks and serve.



Wellness Picks

By Nerissa Holt,
Eureka Wellness Department Head
and Brianna Contreras,
Arcata Wellness Department Clerk

Our knowledgeable Wellness staff has assembled a list of their favorite wellness items. Some are fun body care products and other are a variety of natural supplements. Stop by on the first Wednesday of every month to receive 10% off our entire Wellness Department and let our Wellness staff assist you with finding your way through the multitude of options.

1. Provence Sante Lavender Bar Soap

This is their signature "Big Bar" of fragrant Provencal bathing pleasure. It features a base of palm and coconut oil and is enriched with moisturizing shea butter. The essential oil is distilled from the flowers of the endless lavender fields that blanket the Provencal hills.

2. Soaptopia Bath Salts

These bath salts are petroleum free, cruelty free, vegan and use only natural botanicals. One bag is good for approximately 1-3 baths. A real treat after a long day or busy week.

3. Veriditas Top 5 Essential Oils Starter Kit

These 100% French Medical Grade essential oils are useful for room fresheners, diffusers & are food-grade. This kit starts you off with Lavender, Lemon, Peppermint, Mental Clarity & Stress Recovery.

4. New Chapter Turmeric Force

This one-a-day, super potent turmeric extract comes in vegetarian gelcaps, is easy to take, and is a favorite both with our staff and customers. Mostly used as a natural anti-inflammatory, turmeric also supports cardiac, liver, and brain health!

5. Soaptopia Bulk Soaps

Smell the glory! These beautiful soaps come in so many scents and colors! They are so fresh, they are still soft when they come in! (Make sure they aren't sitting in water, or they'll melt awayyy!)

6. Health Force Vitamineral Green

This stuff is it! We got greens from the land, we got greens from the lake, we got greens from the sea, enzymes, and probiotics all packed into this organic power powder. Super fine powder particles absorb perfectly into the body, without the unpleasant taste of some greens powders.

7. Dew Puff

These facial sponges are made from the root of the Konjac, a plant native to Asia. They help break down dirt and make-up and promote circulation. They are so gentle, they can even be used on a baby! Can be used with cleanser, or without.



8. Chakra Foods Movement Detox Kit

This 7-day program is meant for indigestion, acid reflux & heartburn support. The fermented herbal formula naturally supports the body's ability to re-activate smooth gastric movement, promote healthy skin cells, aid immune system health and maximum absorption of nutrition.

9. Wish Garden Digestive Bitters 2.oz bottle

A profound tonic that supports healthy digestion & optimal ab-

sorption. A good companion to any holiday meal or celebration.

10. OM Organic Mushroom Powders

Beauty—a blend of certified 100% organic mushrooms that support inner health for hair, skin & nails. This blend provides naturally occurring biotin, Vitamin D, beta glucans & antioxidants to stimulate cellular restoration. Cordyceps—certified 100% organic cordyceps mushroom powder. Cordyceps optimizes oxygen up-

take and delivery to increase vitality and endurance, awaken energy, improve cardio and ignite your inner strength.

11. Renew Life Ultimate Flora Probiotics

Roughly 70% of our immune system is situated in the gut, so keeping it healthy will keep you healthy, and probiotics support gut health. Comes in both shelf-stable and refrigerated options.

Qtr 2, Fiscal Year 2017 Financial Report

Melanie Bettenhausen
General Manager

The second quarter of the financial year closed on September 24, 2016. Our combined year-to-date sales are 4% better than our projected budget and both stores are showing growth compared to last year. For Q2, the Arcata store is seeing an increase in sales, year over year, of \$129,570 or 2.5% better than last year, and the Eureka store is up \$101,506 or 3.0% over last year—all this while keeping purchases and

expenses in line. We have had good customer counts and strong basket sizes in each store so far this year and the sales are showing it.

The year-end audit for fiscal year 2016 has been completed. At their November 29 meeting, the board of directors accepted the audit findings. The audit was clean, with a few suggestions for improved systems and accountability.

We have started working on our budget for fiscal year 2018. Using the principles of Open Book Management, the process involves each department preparing their

own budget to add to the overall budget. While this can be time consuming for all involved, we end up with a much more accurate budget. We will continue working toward a final document to present to the board of directors for approval in February of 2017.

Even with new competition in McKinleyville—Eureka Natural Foods opened in August—the first two quarters have been good for the Co-op. We look forward to exceeding expectations in the next quarter as well!

Submit a
**Letter
to the
Editor**

We want to
hear from you!

Letters must include
your name, address,
member number,
and phone number.
Space is limited;
please be concise
(preferably 250
words or less).

We regret that we
may not be able to
publish all letters
due to limited space.

Email your letters
to co-opnews@northcoast.coop
or send them to: Co-op
News, 811 I Street,
Arcata, CA 95521.
Letters must be
received by the
10th of the month.

North Coast Cooperative, Inc. Unaudited Financial Statements

Income Statement

Quarter Ending September 24, 2016
Quarter 2, Fiscal Year 2017

NET SALES REVENUE	8,807,727
Cost of Goods Sold	5,572,713
GROSS MARGIN	3,235,014
Payroll Expense	1,781,897
Payroll Taxes	143,294
Personnel Expenses and Benefits	364,226
General & Admin Expense	418,136
Occupancy Expense	441,188
TOTAL OPERATING EXPENSES	3,148,741
Other Income (expense)	5,377
NET INCOME (LOSS)	91,650

Balance Sheet

Quarter Ending September 24, 2016
Quarter 2, Fiscal Year 2017

Assets:

Current Assets	3,650,519
Property & Equipment	2,577,380
Other Assets	519,393
Total Assets	6,747,292

Liabilities:

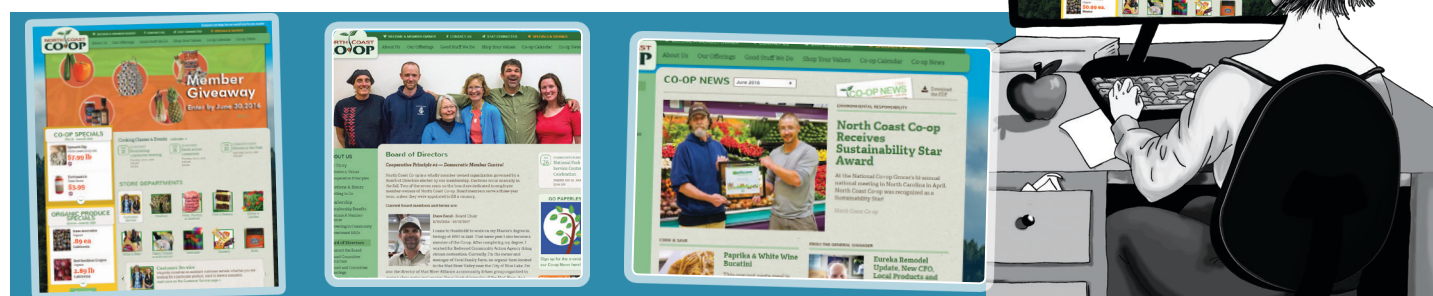
Current Liabilities	2,055,357
Long Term Liabilities	68,000
Total Liabilities	2,123,357

Member Equity:

Current Owner Shares	3,313,758
Retained Earnings	1,310,177
Total Member Equity	4,623,935

Total Liabilities and Equity 6,747,292

Stay updated with North Coast Co-op at
.....
www.northcoast.coop



Wellness Wednesday

10% OFF

bath & body, supplements, skin care



Wellness Wednesday is the First Wednesday of Every Month

smoothies, fresh juices & kombucha on tap

made with organic fruits & veggies



Bring or Buy a Reusable Cup, Save 10¢ at the Register

Co-op News Reference Guide

Board of Directors Activities

Co-op member-owners are encouraged to attend board and committee meetings. Learn more about the board, and find meeting agendas and minutes at northcoast.coop/about_us/board/.

Board of Directors Meetings

Jan 5 • 6-8pm Ten Pin Building, 793 K Street, Arcata

Member Action Committee Meeting

Jan 11 • 6-7pm Ten Pin Building, 793 K Street, Arcata

Policy and Procedures Committee Meeting

Jan 18 • 4pm Ten Pin Building, 793 K Street, Arcata

Earth Action Committee Meeting

Jan 26 • 5:30pm Ten Pin Building, 793 K Street, Arcata

Co-op Sponsored Events

Jan 1-Feb 5 • Coats for the Cold. Grassroots community movement that provides new coats for those who cannot

afford them. Drop off new or gently used coats at the Arcata or Eureka store locations. More information at www.coatsforthe cold.org

Jan 20-21 • Eureka Crab Celebration, hosted by Eureka Main Street. A two-day celebration held in Downtown and Old Town, celebrating Dungeness Crab. This family friendly event includes a Crab Crawl, Crab Run and Crab Festival. More information at www.eurekamainstreet.org

Jan 31 • Point In Time Count. The biennial event documents the number of sheltered and unsheltered homeless persons on a single night in January. Volunteers are needed for many tasks including clerical duties, counting homeless individuals, keeping coffee brewed, and much more. More information at www.humboldthousing.org

Deadlines & Reminders

Jan 31 Member Surveys due (see p.3)
Jan 31 We ♥ Our Members giveaway deadline (see p. 1)

9th Annual Coats for the Cold Month in Humboldt County

Drop off new or gently used coats at either North Coast Co-op store during the month of January.

 **Coats for the Cold**
www.coatsforthe cold.org